

Breakfast Time

Why Eat Breakfast?

- Breakfast is the most important meal of the day. After sleeping for several hours, your body is ready for food.
- Kids who eat breakfast are more likely to do better in school, tend to eat healthier overall, and participate in physical activities.
- Any type of breakfast food is better than no breakfast, but try not to eat donuts and pastries all the time. They are high in calories and fat and provide no nutrients.



Good Breakfast choices

- Eggs
- French Toast, Waffles, or Pancakes (try whole grain)
- Oatmeal or Cream of Wheat Made with Milk (try dried fruit on top)
- Whole Grain Toast, Muffin, or English Muffin with Cheese
- Yogurt with Fruit
- Fruit Smoothie Made with Yogurt and Fruit
- Fruit Salad
- Whole Grain Cereal with Milk
- Cottage Cheese with Fruit



Avoid Skipping Breakfast

Do you skip breakfast because you are running late or you think it will help you lose weight? Skipping breakfast does not help maintain a healthy weight.

In fact, it does the opposite! People are more likely to overeat throughout the day if breakfast is skipped.

Good Quick Breakfast Choices

- Whole Grain Breakfast Bar
- Single Serving of Whole Grain Cereal
- Whole Grain Muffin, Toast, or English Muffin
- Trail Mix or Dried Fruit

Breakfast and Calcium

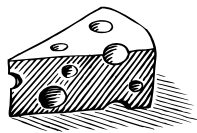
Do you know 9-18 year olds need the most calcium out of any age group? You need 1300mg every day. That is because your bones are still growing and becoming strong. Eating calcium at breakfast as well other meals is a good way to boost your calcium intake.

What foods have calcium?

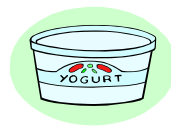
Best Choices (All Dairy)



MILK



CHEESE



YOGURT

Why Do You Need Calcium?

- Makes your bones and teeth strong
- Helps prevent osteoporosis later in life (weak bones)
- Helps with body functions
- Needed for muscle contraction